

CONFERENCE ON TODAY'S FOODS: CONVENIENCE, SAFETY AND HEALTH SESSION 2: "EFFICACY AND SAFETY OF ADJUNCTS TO FOOD"



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Protein Foods & Nutrition Development Association of India (PFNDAI) Organized a Webinar on Session 2 of TODAY'S FOODS: CONVENIENCE, SAFETY & HEALTH 'Efficacy and safety of Adjuncts to food' on 15th March 2024. The event was sponsored by Hindustan Unilever Pvt Ltd, Mother Dairy Fruits and Vegetables, Nestle India, Amway India Enterprises, Vista Processed Fruits, Fine Organics and Mondelez India Foods. The speakers for the webinar were sponsored by Amway India Enterprises.

The welcome address of the webinar was given by **Dr. Shashank Bhalkar**, Executive Director of PFNDAI. He welcomed all the delegates and attendees. He spoke about the traditional use of natural ingredients added to the food for preservation, the usage of food additives over time and their role in food preservation and processing.

He highlighted the importance of the safety of food additives and nutraceuticals for human consumption and the rigorous tests they undergo before being approved. He assured the attendees that the webinar would be knowledgeable given the



prominence of the speakers. He further acknowledged and thanked all the sponsors of the conference.

The theme address was delivered by **Dr. Jagdish Pai**, Editor at PFNDAI. He spoke about the advancements in food science and the convenience it has provided to consumers. He emphasized the importance of the safety of the food adjuncts and nutraceuticals in food. He then expressed that the webinar would be informative and the speakers, and panellists would provide valuable knowledge by answering the questions.





Ms. Samreen Shaikh, Jr. food technologist at PFNDAI introduced the speakers for the session, providing a brief about their background, qualifications, and expertise.



functions and uses were elaborated in detail.

The data on the world's consumption of food additives till 2020 showed that the highest consumption was of thickeners and stabilizers. The risk assessment of food additives and the complexities when it comes to the food matrix were explained.

Dr. Govindrajan Raghavan, Chief Innovation Officer, Kapiva Ayurveda talked about



'Efficacy and safety of food additives.' He started the talk by explaining the difference in efficacy between pharmaceutical products and food products. He explained the definition of a food additive and stated that they are not considered nutritional. The classification of the food additives along with their

Dr. Raghavan closed his presentation by explaining the safety evaluation sequence, the 4 basic principles of safety assessment and how an additive is considered safe based on the calculations of ADI (acceptable daily intake) and EDI (estimated daily intake).

inflammatory and anti-cancer to name a few. He then gave an example using inflammation as the marker for atherosclerosis and cardiovascular diseases. Followed by another example of diet and its effect on gut microbiome which leads to a reduction of inflammatory responses.

Clinical evidence was presented where some macronutrients and micronutrients influenced the inflammatory responses, whereas vitamins and bioactive compounds influenced anti-inflammatory responses.

Dr. Atanu Haldar, Senior Director, Head of R&D and Regulatory affairs, Herbalife delivered the talk on **'Role of Nutraceuticals in Chronic Systemic Inflammation'**. He first explained nutraceuticals followed by systemic inflammation, its causes, and effects. Nutraceuticals represent an active option to regulate systemic inflammation. They have shown a wide range of health effects like antioxidant, anti-



Dr. Haldar concluded the talk by stating that nutraceuticals can contribute to the state of well-being, reduce the risk of certain pathologies, and improve the quality of life.





diet were listed. An ideal diet poster from ICMR was shown, to prevent diseases and hidden hunger. She explained the importance of macronutrients and micronutrients for

the proper functioning of the body. The disorders caused by vitamin and mineral deficiencies were explained in detail.

The initiatives taken by the government to resolve the nutritional problems in India were also listed. She further specified the factors contributing to the effectiveness of nutrition supplements and how validating supplements has benefits which can change and enhance public health. Dr. Durairaj concluded the presentation by talking about Personalized nutrition as an emerging trend and its implications.

After every presentation, the speakers enthusiastically answered questions raised by the attendees.



A panel discussion followed the presentations. Ms. Samreen Shaikh introduced the Panel moderator and panellists. **Dr. B Sesikeran**, Chairman, Scientific Advisory Committee, Hon. Scientific Director, PFNDAI, former director, NIN(ICMR) as the Panel moderator. **Ms. Arti Gupta**, Head of Regulatory Affairs, Abbott Healthcare Pvt. Ltd., **Dr. Vijendra Prakash**, Head- Regulatory Corporate Affairs, Himalaya Wellness Company, **Mr. Prashant Bhat**, Chief R&D Officer - Mother Dairy Fruits and Vegetables Pvt Ltd., and **Dr. Prashant Verma**, Group Lead - R&D Dabur India Ltd. as panellists.

Dr. Palaniyamma Durairaj, Senior Manager- Clinical Affairs and Nutrition, Amway Global Services India Pvt. Ltd. delivered the talk on 'Supplements for Human Health: Validation of Benefits'.



She started the talk by presenting news articles, one of which stated that 73% of urban-rich Indians were protein deficient.

The numbers showed that many of the Indians are deficient in macronutrients as well as micronutrients. The concept of triple nutrition - Undernutrition, Hidden Hunger and Overnutrition was explained and the common nutrients that were missing from the

PANELLISTS



Dr. B Sesikeran asked the questions to each panellist alternatively. He moderated the session well and expressed his thoughts post the answers given by the speakers.



lowest level based on functionality and sensory evaluation. He also clarified that no country mandates clinical trials for supplements, but regulators may require safety studies for new ingredients.

Dr. Vijendra Prakash discussed the benefits of a balanced plant-based diet for controlling NCDs and the impurities in nutraceuticals made from plant materials. He highlighted the importance of reducing these contaminations to ensure the safety of the products.



Ms. Arti Gupta explained that clinical trials are conducted by independent Clinical Research Organizations (CROs) and supervised by an ethics committee. She also discussed the difference between food and drug clinical trials, with nutraceuticals falling between the two.



Dr. Prashant Verma discussed the GMP quantity for additives in dietary supplements, stating that they should be added at the



Dr. Prashant Bhat talked about the natural ingredients used as food additives



in earlier times and traditional methods of preservation, mentioning Ayurveda's contribution towards the same.

At the end of the session, **Ms. Simran Vichare**, Nutritionist, PFNDAI gave a vote of thanks to webinar sponsors, speakers, and panellists, along with her PFNDAI team members for making the conference a success. She also thanked the attendees for patiently attending both the sessions of the conference.



The entire webinar recording is available on the following link: <https://fb.watch/qWfqDzqZnn/>

